

**Learn tools and strategies to  
prevent & manage back pain**

## **Back Health & Safety Workshop**

Presented by CSC Hanford Occupational Health Services

**When:** October 20th, from 2-4 PM

**Where:** HAMMER, Room 31

**Who should attend:** Individuals, Team Leads, IH and Safety Representatives

**RSVP** or for more information contact  
Laura Carpino @ 376-9040

*Space is limited to 20 participants  
so reserve your spot early!*

*"Please obtain manager's permission  
to attend this course."*



**The next 2-hour Back Health & Safety Refresher Course will be held on Thursday, October 20<sup>th</sup> from 2-4PM at Hammer, Room 31.**

### **Workshop Description:**

This workshop is targeted for Safety Representatives, Industrial Hygienists, Team Leads, Managers, and individuals with back pain or those wanting to maintain a healthy back. Basic musculo-skeletal anatomy, common injuries, and proper ergonomics are the highlight of this program, with the Hanford WorkFit Modules as a tool for work groups to prevent back pain and maintain a healthy back.

The purpose of the Back School programs is to provide education on the management and prevention of low back pain. It is offered as a complementary service to [Ergonomics](#), [Training and Presentations](#) and [Work Conditioning](#).

### **Goals of the class are to:**

- Educate the workforce about common back injuries, signs and symptoms and basic rehabilitation.
- Identify hazardous postures and situations to prevent injury.
- Learn proper body mechanics for lifting, sitting, sleeping and standing that reduce back pain.
- Develop skills to effectively manage and prevent back pain.

Participants will receive a plan for managing back pain and maintaining a health back, class activities, instruction and take-home materials. If you are interested in participating or need more information, including work-group presentations, please contact [Laura Carpino](#) at 376-9040.

Please obtain manager's permission to attend this workshop.

**Class space is limited, so please RSVP by October 12<sup>th</sup> to reserve your spot!**